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Written on JULY 25, 2012 AT 8:00 AM by JWICK

Water, the ultimate energy drink

Filed under FORCE HEALTH AND SAFETY, HEATH, PUBLIC HEALTH (NO COMMENTS)

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Would you like a boost of confidence, looks, athletic ability and sex appeal or even gain “Super powers” all by consuming a drink? Well, contrary to popular belief, this doesn’t happen. However companies that produce energy drinks aim their advertisement campaigns at the above mentioned qualities. They are selling a product, which contains a high content of sugar and caffeine. These ingredients have a short term effect keeping the consumer coming back for another boost of energy.

So, what if I told you that you can get the same effect of an energy drink by drinking plain water? You may laugh, but it’s true! Being hydrated is a key component to performing efficiently, and staying healthy. That being said, when you’re beginning to feel tired or getting that “two o’clock” in the afternoon feeling, drink a pint of water. Doing so rehydrates your system, giving you the needed energy to finish your day.



What is the very first thing everyone does in the morning? That’s right, go to the restroom. This action signs the kidneys to give you an instant boost of energy to wake you up. Caffeine and sugar also provide a boost of energy , but when consumed in a high enough dose they act as diuretics. Resulting in an energy boost which comes and fades very quickly; giving the consumer a high and then just as rapid crash. This effect urges the consumer to drink another energy drink just to keep up.

Water is single handedly the most important element of the human body. After all, 70% of a human’s composition is water. Replacing energy drinks with water can ease the workload of the kidneys by lowering the concentrations of foreign chemicals in our bodies. Making water nature’s ultimate energy drink. In the words of Bobby Bouche, H2O!

The below links are provided in the event you wish to have more information on this subject.

National Institutes of Health: <http://www.nlm.nih.gov/medlineplus/ency/article/002579.htm>

Centers for Disease Control and Prevention: <http://www.cdc.gov/alcohol/fact-sheets/cab.htm>

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